

You are invited to experience our exciting 14th Annual Water Sounds Native Art Auction and Traditional Dinner where you can explore the wonders of our cultural past and experience the ambiance of our *Home of Sacred Belongings*.

Held on site at the Squaxin Island Museum Library and Research Center:



**Save the Date** **Sept. 21**

You are invited to experience our exciting

14th Annual  
**Water Sounds  
Native Art Auction  
&  
Traditional Dinner**

where you can explore the wonders  
of our cultural past & experience the  
ambiance of our  
*Home of Sacred Belongings*.

All proceeds benefit the Squaxin Island Museum

Marjorie Penn

## Tourism Director Robes Governors and Japanese Speaker with Paddle to Squaxin 2012 blankets

Leslie Johnson, SIT Tourism Director, was invited to participate in the planning of the 50th Hyogo / Washington Anniversary, which celebrates 50 years between Washington State and Hyogo Prefecture. The anniversary reception was on August 19th at the Washington State Capitol. Leslie brought four blankets to the podium.

"I thought that Governor Inslee would give each person a boxed blanket."

Instead, Leslie was invited to blanket the 2 states' representatives, including the two governors and the second in command for both states, the Japanese speaker and Washington's lieutenant governor.

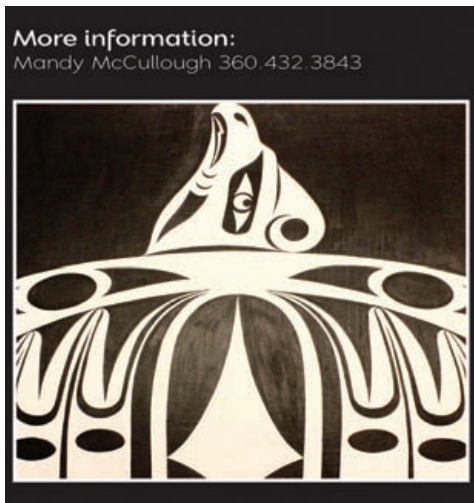
They also asked Leslie to speak about the blankets, which were from Paddle to Squaxin 2012. In addition, after each blanketing, Leslie discussed a future tourism partnership between the Squaxin Island Tribe and Hyogo.

At the end, Leslie added that the Squaxin Island Tribe has a strong partnership with the state and looks forward to a continued government-to-government relationship as well as a new one with the Hyogo Prefecture.

After this photo was taken, many Japanese people personally thanked Ms. Johnson for the Tribe's gift.

There were many other leaders from Washington at the reception. The Chehalis Tribe donated the salmon and prepared it traditionally.

**More information:**  
Mandy McCullough 360.432.3843



**Doors open:** 4:30  
**First Silent Auction Ends:** 5:30  
**Traditional Dinner:** 6:00  
**Tickets:** \$75

Reserved tables and sponsorships available

**For more information:**  
Mandy McCullough 360-432-3843

*Carving by Casey Krise and painting  
by Joe Seymour available for live bidding!*

## Fight Club Series Continues



On Saturday, September 21, the wait is over, as "The Hebrew Hammer," former IBC heavyweight champion Tim Puller, makes his return to the ring after nearly 13 years to face Yohan Banks on the latest hard-hitting edition of Roy Englebrecht Promotions' Fight Club series at Little-Creek Casino Resort.

*Continued on Page 2*







# COMMUNITY



The Child Care Center is in desperate need of new or gently used child sized life-jackets for our swimming program. The children at the center swim five days per week.

Thank you.

Bert Miller, Executive Director, SICDC  
Phone: 360-426-1390



## Fight Club Series

### Continued From Page 1

The six round heavyweight bout will mark the 44-year-old Puller's first fight since his October 2000 match with Marvin Hunt.

Also on tap for what is shaping up to be the best pro boxing show to hit the Pacific Northwest in years is a Washington State Middleweight Championship bout between undefeated Tacoma prospect Mike Gavronski (12-0-1, 9 KOs) and Seattle's Eddie Hunter (8-8-2, 2 KOs), and a clash of heavyweight unbeatens featuring Federal Way's "Vicious" Vince Thompson (13-0, 2 KOs) against Los Angeles' Charles Martin (9-0-1, 8 KOs).

Tickets to the 7:00pm, Saturday, September 21st Fight Club show in the Skookum Events Center at Little Creek Casino Resort in Shelton, Washington can be purchased at [www.little-creek.com](http://www.little-creek.com).

One of the most popular big men of his era, the 6-foot-6 "Hebrew Hammer," Tim Puller (20-6, 11 KOs), who was born in Israel, took on all comers over the course of his career, including Chris Byrd, Tim Witherspoon, and Lou Savarese, thrilling fight fans from coast to coast. On September 21, he will return to the state of his greatest victory - his 1999 win over longtime contender James "Quick" Tillis - to begin the comeback of a lifetime.

38-year-old Californian Yohan Banks (6-8-3, 4 KOs) may not have the best looking record, but he has had plenty of success taking down hot prospects over the years, with his knockouts of former University of Miami football star Quadtrine Hill and 16-1-1 Skyler Anderson being the most notable. Now he will set his sights on spoiling the return of Tim Puller.

### In other undercard action...

Top cruiserweight prospect Marquise Weston, who, after a big amateur career won his pro debut in May at Little-Creek, will look to go to 2-0 against Richard Ballard a former Washington native now training in Los Angeles who will be making is pro debut. Also looking to stay perfect is Seattle's Eric Dahlberg, who has won his two pro fights in the Skookum Event Center. He faces Long Beach's Elliott Lemon (1-1).

## Squaxin Island TRIBAL NEWS

10 S.E. Squaxin Lane  
Shelton, WA 98584

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[www.squaxinisoland.org](http://www.squaxinisoland.org)



Articles and opinions expressed in this publication are not necessarily the opinions of this publication or the Tribal Council.

The Klah-Che-Min encourages Tribal Members to submit letters, articles, photographs and drawings to be considered for publication, but are subject to editing.

Contributing writers and artists include Squaxin Island community members and staff.

Submissions Deadline:  
15th of each month

### SQUAXIN ISLAND TRIBAL COUNCIL:

DAVE LOPEMAN: Chairman  
ARNOLD COOPER: Vice Chairman  
PETE KRUGER: Secretary  
ANDY WHITENER: Treasurer  
RAY PETERS: 1st Council Member  
JIM PETERS: 2nd Council Member  
VINCE HENRY: 3rd Council Member

Klah-Che-Min Staff:  
THERESA M. HENDERSON: EXT. #3945  
[thenderson@squaxin.us](mailto:thenderson@squaxin.us)

### Squaxin Island Elders Host Luncheon

October 11, 2013

Registration from 9:00 AM to 10:00 AM

Lunch Served at 12:00 PM

Activities & Raffles end at 3:00 PM



Squaxin Island Tribe will be hosting our Biannual Elders Host Luncheon on Friday, October 11, 2013. This event will take place at The Event Center at Little Creek Casino.

We are encouraging much Elder activity at this luncheon. One of our activities will be a "singing contest", karaoke style, which we are aptly titling **Elder Idol**.

Another activity is a Style show. We are encouraging our Elders to make a "native design" outfit. Be it contemporary wear (jeans with native appliques, or store bought shirts with beading put on it), or Regalia. We just want our Elders out here showing off their talents.

We are also recognizing Washington's Wisdom Warriors. They will be asked to come on stage and assist with our physical activities portion of our program.

Little Creek Casino has set aside a block of 50 rooms. You will need to mention "Elder's Host Lunch" and make your reservation as soon as possible before the rooms are gone. Elder rate for this event will be \$89.00 plus tax for Thursday night and weekend rate goes up to \$109.00 plus tax for Friday. Little Creek will be having Bingo that weekend on Saturday and Sunday as well.

RSVP to Elizabeth Heredia at [eheredia@squaxin.us](mailto:eheredia@squaxin.us). If you have any questions, please call Elizabeth at 360-349-9368.



**ISLAND ENTERPRISES INC**  
Weaving a strong business foundation for the  
Squaxin Island Tribe's future.

## IEI Updates

### **Direct Deposits for Elder's Distribution**

Last month we made direct deposit available for the Elder's Distribution, and the response has been great so far. Thank you to those of you who have signed up for direct deposit! We hope that this makes things easier for you. Please contact IEI Accounting at (360) 427-1112 if you would like your payment stub e-mailed to you or if you still need to sign up. Paper checks remain available if you prefer.

### **Salish Seafoods News**

Salish is busy finishing up Geoduck planting this month. Most all the growing areas for oysters have been closed due to Vibrio, with reopening expected October 1. Salish lost two areas due to the closure, affecting only oysters. Peale Pass remains open at this time and we are currently harvesting. Reminder for everyone to cook all shellfish properly.... Fishing has been slow so far, with fewer Kings than projected.... Salish did get some electrical upgrades finished inside the plant and is getting bids for additional repairs.... Rod Schuffenhauer and Dave Johns continue to build the relationship with the Lummi Tribe for future seed source for Salish to expand our singles department.... To all the fishers and harvesters, we'll see you on the water!

### **Skookum Creek Tobacco Company and Distribution**

Skookum Creek continues with bustling production as we steam into the end of the fiscal year. Carton counts have been on the climb for 3 consecutive months, but the draw back in the economy is leaving us a bit behind last years pace. Promotions continue to drive customer consumption and we are building stronger Skookum brand loyalty. In the coming months we will be switching from price based promotions into reward based promotions for both stores and customers. Skookum employees continue to prove they can achieve new highs in quality and efficiency, and we continue to have a strong percentage of them registered tribal members. We've also established a new distribution company under Tribal law to handle non-tribal sales. This company will take the place of Andron, which is not a tribal-law company.

### **Repairs and Maintenance**

Over the past few months, IEI has had all of its facilities inspected and put together a list of deferred maintenance and repairs. The list includes everything from gutter cleaning to HVAC servicing, plumbing and electrical repairs to roof cleaning. Electrical repairs have all been completed, and we're going to be tackling other repairs in the coming months, doing higher priority items first and working down the list as budgets allow. The biggest single item on the list is canopy repairs at KTP which will be expensive and time consuming because of the type of construction involved, and the fact that seismic code requirements have changed significantly since the canopy was first constructed. It's important to protect the Tribe's investment in all of our facilities, so watch for repairs and preventative maintenance in the coming months.

### **Retail Operations**

Steamboat Trading Post continues to perform far better than predicted with fuel sales especially strong. Jean Henry, formerly assistant manager at the KTP Drive Thru at the main store has moved to the Skookum Creek outlet store further out Steamboat Island Road. Sales at that location remain strong because it operates under the cigarette tax compact and serves a different customer base than the new store. The KTP main store is working on deli upgrades that will better serve the Community, so watch for changes ahead in the coming months. The Shell Fuel Fest at the KTP main store on August 23 was a great success. Our fuel distributor (APP) came with a team of employees and one of the owners in white lab coats pumping gas and cleaning windshields for customers, and KRXV radio and Las Palmas were on hand giving us great advertising and free tacos to customers. Lots of Community members also came out to get their photo taken with Seahawks Seagals, and the store was busy all afternoon. Thanks to our staff, APP and all our partners for a great event! is working on deli upgrades that will better serve the Community, so watch for changes ahead in the coming months.

**You are cordially invited to attend the Maple & Terry Halls Project**

## **Small, Minority & Women-Owned Subcontractor Outreach Event**

**THURSDAY, SEPTEMBER 12, 2013**

**8:00 a.m. to 10:00 a.m.**

Alder Hall, Room 107

1310 NE 40th Street, Seattle, WA 98195

The University of Washington and W.G. Clark Construction Company (the GC/CM contractor for the project) are hosting this FREE outreach event geared toward small, minority, and women-owned construction subcontracting companies.

### **The event will include:**

A description of the Maple and Terry Halls construction project (estimated project cost: \$83,000,000);

A discussion of upcoming subcontract bidding opportunities;

A question and answer period;

A chance to meet one-on-one with representatives of the University and W.G. Clark Construction Company.

Please register at: <https://catalyst.uw.edu/webq/survey/akbattle/208052>

Preregistration is not required! It helps with planning the event.

For Alder Commons location/directions, please go to:  
[www.mapquest.com](http://www.mapquest.com) and input the above address

For questions related to this FREE event please contact:  
Doug Jennings (UW CPO) [djenning@uw.edu](mailto:djenning@uw.edu) 206-221-4219  
Ericka Bean (W.G. Clark) [ebean@wgclark.com](mailto:ebean@wgclark.com) 206-340-6654







## Education Department Update

by Gordon James

As we are getting ready to start up the new school year, there are always lots of things going on that we want to make sure everyone is aware of.

- Sylvan is starting up again. Families and youth who participated at the end of the last school year will be contacted directly about continuing. If you are interested in connecting your child to the benefits that the Sylvan tutors can provide through regularly scheduled, intensive tutoring, Peggy Peters can help you with more information and applications.
- With funding from the CHUM Project, the Mary Johns Room will have its official opening as a Teen Center on Monday, September 9th, from 3-7pm. While the CHUM Project focuses on reducing delinquency and truancy, the Teen Center will be so much more – a place to share ideas, plan teen activities, participate in workshops, socialize with other teens, sign up for college visits, and more. Laurel Wolff, as Teen Advocate, will coordinate activities of the Teen Center. She can be reached at lwolff@squaxin.us or at (360) 432-3842.
- The Tribe's efforts to support higher education continue. If you are a tribal member interested in attending college or attending a vocational training school, please contact Mandy Valley at (360) 432-3882 or mvalley@squaxin.us for more information about the services and support available.
- The Tu Ha' Buts Learning Center has a Facebook page. This is where we keep our latest program updates, post lots of photos from our youth activities, and remind of upcoming events. Check it out at [www.facebook.com/TuHaButs](http://www.facebook.com/TuHaButs)

## Credit Retrieval

by Julie Martinez

Throughout this summer the Tu Ha' Buts Learning Center (TLC) partnered with Shelton School District, giving students the opportunity to recover credits and get back on track toward graduation. Eight students took advantage of the program, and combined they earned more than 10 full credits, or 20 semesters worth. One student said, "It feels great! I am not in the slump I was in before, having the amazing help I had with all the classes I had to take. It was a great success. I am now caught up with my graduating class! I am very glad that I am caught up now. I'd like to thank the tutors that helped. Thank you. Next summer I won't be here because I will PASS my classes."

TLC provided one certified teacher and one tutor to work with the students from 9-12:00 four days a week. The staff helped with many different subjects, from Algebra and Geometry, to Biology, Chemistry and History, with some English thrown in. We were fortunate enough to have a volunteer with a strong background in the sciences to help out with the science-based classes. This environment gave students the chance to not only get back on track, but have help available to gain understanding of the subject matter, so when they return to school they will be prepared to continue to be successful.

Said one parent, "Having summer school at the TLC building was such a convenience and a relief instead of wondering how I was going to get my son to and from school while working. It was also nice for the students to have such one on one help while

earning credits back; not just so they could pass but so they could understand what they were learning. This is definitely a great advantage and opportunity to those who need to make up credits in order to continue on their education journey..."

## A New School Year

by Peggy Peters

Switching from summer vacation to the new school year is a big transition for children, with many children and teens staying up late and sleeping in throughout the summer. Start now to encourage a consistent bedtime routine. Start your bedtime routine early by avoiding watching television and playing computer or video games before bed, which may cause nightmares or can lead to sleep disruptions. Instead start early by having your child brush their teeth, and looking at or reading a book in bed. Set an eight or eight-thirty bedtime at the latest for kindergarten through second and third graders. Also important is a morning routine of waking up at a specific time, getting dressed and being ready to leave for school on time.

Children ages 5-12 need 10 to 11 hours of sleep a night, according to the National Sleep Foundation. Your child's learning and attention span can be affected by poor sleeping patterns which can cause mood swings, hyperactivity or other behavioral problems. Getting enough sleep can help your child be ready to learn the next day. Remember, when your child gets a good night's rest they will be easier to get up, dressed, and be ready to get to school on time – ready to have a more successful day.

## Homework Support and GED

by Jamie Burris

Start your school year off on the right foot! Students can start coming in for homework help and support starting the first day of school, September 4th. Help make your school year successful by starting coming for support the day school starts.

For those working toward a GED, I am here to help you take practice tests, identify what subjects need further study, identify specific skills needed, and help you work through any and all areas needing further study. The classes at the Tu Ha Buts Learning Center are designed to prepare you for the actual GED tests. Actual GED tests will need to be taken at South Puget Sound Community College in Olympia or Olympic College in Shelton. Those who have attended classes regularly and studied have had a high success rate of passing the GED tests.

I am here to help Tuesdays, Wednesdays, and Thursdays from 4:30 – 7:30 pm in the classroom in the Education Building. For more information or if you have any questions, please feel free to contact me by email at [jbarris@mcclary.wednet.edu](mailto:jbarris@mcclary.wednet.edu) or call me at (360) 292-3301.

## Youth Activity Program

by Jerilynn Vail

Summer Rec was a huge hit this year. We had over a hundred youth sign up and daily attendance anywhere from 60-80 every day. We collected quite a large lost and found pile through the summer program. Please come by to check the lost and found for any of your child's belongings. Also, some kids did not take home their art work. The staff has set it aside if any of the kids want to come and pick it up.

Thank you to the adult and youth staff who helped to make the 2013 Summer Rec Program a huge success! We have volunteers this year that came several different days to





# LEARNING CENTER



provide extra set of hands. Thanks as well to Peggy Cobain, Justice, Mimi, Mekayla and Carrie. We have posted pictures from some of our field trips and special events that took place over the six-week program on the Tu Ha' Buts Learning Center Facebook page. We also post updates to what is happening in the program.

The After-School Program will start again on September 4th. Early snack time is from 3:00-3:30 and late snack is from 4:00-4:45pm. The after-school program will be open Monday through Friday from 3pm until 7pm in September due to it being lighter into the evening, moving back to a 6pm closing time in October. When daylight savings begins in 2014 the after-school program will again be staying open until 7pm. We will be opening earlier when the school has early-release days.

Attention 4th and 5th graders. We are looking forward to returning to Seattle for the overnight stay at the Seattle Aquarium (yes, a sleepover) as part of the Salmon Homecoming celebration in September. You can stop by the after-school program to get more details and any needed permission slips.

Front Desk: 432-3958

Youth Gym/Recreation Hours: M-F: 3-6pm Rec Rm: 432-3275 (only 3-6pm)

**All activities are drug, alcohol and tobacco free.**

Monday	Tuesday	Wednesday	Thursday	Friday
2  Closed	3 After School: Closed Gym: Closed Teen Ctr: Closed	4 First Day of School! Rec Rm: 3-7 pm Gym: 3-7 pm Teen Ctr: Closed Open Swim: 3-6	5 Rec Rm: 3-7pm Gym: 3-7 pm Teen Ctr: Closed	6 Rec Rm: 3-7 pm Gym: 3-7 pm Teen Ctr: Closed Open Swim: 5-8pm
9 Rec Rm: 3-7 pm Gym: 3-7pm Teen Ctr: 3-7 pm Open Swim: 3-6 pm	10 Rec Rm: 3-7 pm Gym: 3-7 pm Teen Ctr: 3-7 pm	11 GSD - ER @ 2:15pm Rec Rm: 2:30-7 pm Gym: 3-7 pm Teen Ctr: 3-7pm Open Swim: 3-6 pm	12 Rec Rm: 3-7 pm Gym: 3-7 pm Teen Ctr: 3-7 pm	13 Rec Rm: 3-7 pm Gym: 3-7 pm Teen Ctr: 3-7 pm Open Swim: 5-8 pm
16 Rec Rm: 3-7 pm Gym: 3-7pm Teen Ctr: 3-7 pm Open Swim: 3-6 pm	17 Rec Rm: 3-7 pm Gym: 3-7 pm Teen Ctr: 3-7 pm	18 GSD - ER @ 2:15pm Rec Rm: 2:30-7 pm Gym: 3-7 pm Teen Ctr: 3-7pm Open Swim: 3-6 pm	19 Rec Rm: 3-7 pm Gym: 3-7 pm Teen Ctr: 3-7 pm	20 SSD - ER 1.5 Hrs. Rec Rm: 1:30- 7pm Gym: 1:30 - 7 pm Teen Ctr: 12:30-7 pm Open Swim: 5-8 pm
23 Rec Rm: 3-7 pm Gym: 3-7pm Teen Ctr: 3-7 pm Open Swim: 3-6 pm	24 Rec Rm: 3-7 pm Gym: 3-7 pm Teen Ctr: 3-7 pm	25 GSD - ER @ 2:15pm Rec Rm: 2:30-7 pm Gym: 3-7 pm Teen Ctr: 3-7pm Open Swim: 3-6 pm	26 Rec Rm: 3-7 pm Gym: 3-7 pm Teen Ctr: 3-7 pm	27 Rec Rm: 3-7 pm Gym: 3-7 pm Teen Ctr: 3-7 pm Open Swim: 5-8 pm
30 Rec Rm: 3-7 pm Gym: 3-7pm Teen Ctr: 3-7 pm Open Swim: 3-6 pm				
TLA: 4pm	M-F 12-	Key ER = Early Release		
After School Snacks: M-F 4-4:45pm Computer Lab: M-Th 3-6, F 3-5pm Sylvan: M-Th 4:30-7:30pm Homework Help, GED Prep: T-TH 4-7pm		SSD = Shelton School District GSD = Griffin School District TLA = Tu Ha' Buts Learning Academy		





# — FIRST SALMON CEREMONY & CANOE RACES —

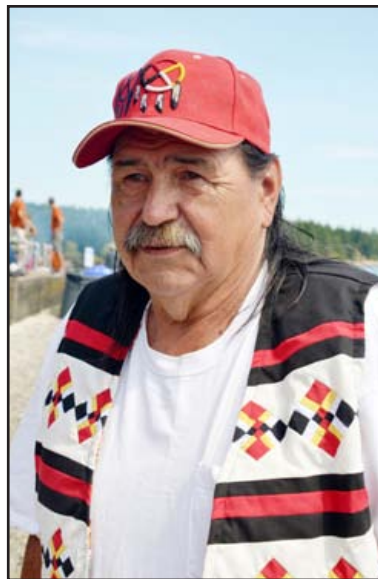


## What To Do When You Need a Police Officer

We at Public Safety and Justice often receive complaints from individuals in the community because they call the police dept. phone number to report an incident, but no one answers the phone. Unfortunately we at PS&J do not have the ability to staff someone 24/7 at the PD to answer the phone. If you need to contact a Squaxin Island Police Officer during non-business hours, please call 426-4441 and ask to speak to an officer. This is a non-emergency line to dispatch. They are prepared to answer any type of call and contact an officer for you. And of course, if you have an emergency and/or need an immediate response from an officer, call 911.



Thank you,







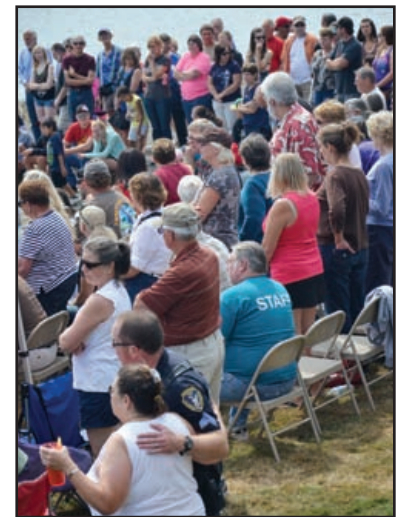
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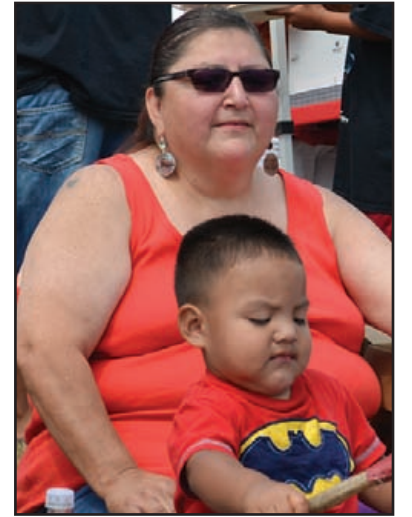
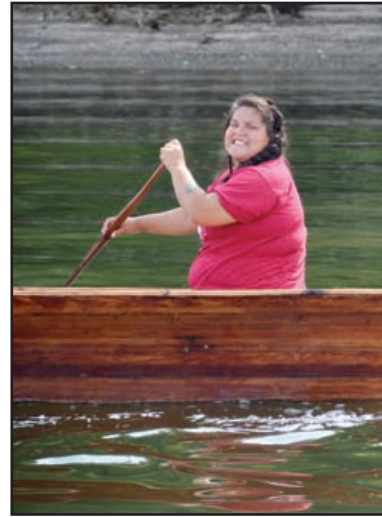
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# — FIRST SALMON CEREMONY & CANOE RACES —







# PADDLE TO TAHOLAH 2013







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# PADDLE TO TAHOLAH 2013



*Photos by Margaret Pickernell, Theresa Henderson and Dale Croes*







# PADDLE TO TAHOLAH 2013



Presented by  
 **Two Rivers CDC** **YOU ARE INVITED!**

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## OPENING DOORS

September 9 and 10, 2013  
Tulalip Resort Casino, Tulalip, WA

Opening Doors in Indian Country and  
Government Contracting to Small Businesses.  
*Building the Foundations of Economic Success Within the Native Community*

Join us for our 5th Annual Small Business Conference and Tradeshow! Our goal is to help businesses to form a solid foundation for government contracting and to find ways to nurture strong growth. This event blends education, support, networking with cultural enrichment and amazing food.

Online Updates, Registration, and Agenda  
[www.OpeningDoorsInIndianCountry.org](http://www.OpeningDoorsInIndianCountry.org)

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<b>Schedule of Events</b>	<b>Sponsors</b>
<u>September 9, 1 pm - 4 pm</u> Discussion- "Investing in Ourselves" <i>Building the Foundations of Economic Success within the Native Community</i>	Platinum 
<u>September 9, 6:00 PM</u> Welcome Dinner - <i>additional fee</i> Kevin J. Allis- Executive Director, NACA	Bronze 
<u>September 10, 8 am—4pm</u> Welcome Breakfast and Presentation Seminars Exhibitor Booths Lunch Presentation Match Making Sessions	Sponsorship and Advertising information is available <a href="http://www.OpeningDoorsInIndianCountry.org">www.OpeningDoorsInIndianCountry.org</a>

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Opening Doors, c/o Native PTAC  
Mail: 12100 NE 195th St Ste . 300, Bothell WA, 98011  
206-816-6596 | [Info@OpeningDoorsInIndianCountry.org](mailto:Info@OpeningDoorsInIndianCountry.org)

Presented by  
Two Rivers CDC, Native American 501c3 organization  
[Info@TwoRiversCDC.org](mailto:Info@TwoRiversCDC.org) | [www.TwoRiversCDC.org](http://www.TwoRiversCDC.org)





## New Employees



**Lindsey Scott**  
**Tribal Gaming agent**

Hi, my name is Lindsey Scott. I have been hired as a Tribal Gaming Agent.

I have worked for tribal casinos for the past six years. I have enjoyed both the environments and the challenges.

I'm excited about gaining a broader understanding of Little Creek Casino Resort and the Squaxin Island Tribe as well as any new challenges this position will allow me to face.

I look forward to learning all I can in this position and becoming a valued employee and coworker.



**Bev Hawks**  
**Child Care Program  
Coordinator/Community  
Advocate**

Hi, as most of you know, I am Bev Hawks. My parents are Bud and Evelyn Miller. My father is Walter Joseph Mesplie. I have ancestry in Puyallup and Yakama, but choose to be enrolled in Squaxin. This valley (284 acres) was homesteaded by my great-grandpa, William Krise. My roots run deep here. I have a passion for little people and Elders, and I am proud of my tribe. We are a very successful small tribe here in Washington. I am looking forward to serving our community. I have seven beautiful children (Dayleann, Len, Mike, John, Joe, Deanna and Antone) and seven adorable grandchildren (Jonathan, Adriana, Cassidy, Patricia, Brandon, Isabela and Lil Boss Evelyn).



**Traci Lopeman**  
**Community Health  
Representative (CHR)**

Hi, I have been hired as a Community Health Representative (CHR) for the Women's Outreach program through the Squaxin Island Health Clinic.

I am the daughter of William and Janice Lopeman.

I've been working at the casino for the last seven years and am excited to be working in the tribal community.

I will be available in the building across from the clinic if you need any assistance in accessing the program for breast screening services.



**Charlene Pettis**  
**Tribal Gaming Agent**

Hi, I have been hired as a tribal Gaming Agent with the Squaxin Island Gaming Commission (SIGC). I have been in the security industry since 1998 and have had the pleasure of working many different security type jobs. My most recent experience involves casino surveillance and working as a Tribal Gaming Agent. My family consists of my husband, Joseph, my son, Phoenix (11), and my daughter, Sage (10).

I have an AA/AS degree in Criminal Justice and am currently a couple months away from a Bachelor of Science degree in Organizational Security and Management. I have always been a strong believer in continuous learning and have not stopped educating myself since high school.

I am most excited about becoming an agent with the SIGC because tribal gaming is something that has been my career interest. I look forward to representing the SIGC in a professional manner and monitoring the gaming operation to ensure compliance of policy and procedures. I also look forward to preserving and protecting the assets of the Squaxin Island Tribe to ensure integrity of the gaming experience for everyone. In closing, I can't wait to meet you!







## New Employees



**Edwina Dawn Howard**  
**Tribal Gaming Agent**

Hello everyone! I like to be called by my middle name which is Dawn. I have recently been hired as a Tribal Gaming Agent.

I am married and live north of Shelton. I have three grown children whose jobs have taken them to different parts of the country.

I am a Jack of many trades, and have held many different types of positions, mainly office work.

I am excited about learning new things and getting to better know the people I work with. I look forward to working with a great team.



**Jean Wheat**  
**ANA SEDS**  
**Project Assistant**

Hi, my name is Jean Wheat and I will be the ANA SEDS Grant Project Assistant for Finance. My duties will be to:

- Collect project-related standardized forms currently in use to be updated by others and converted to electronic media
- Implement and monitor electronic or manual Finance and Information Services record keeping systems
- Assist with developing file naming conventions for shared files
- Assist in research, testing, and/or implementation of electronic application of revised procedures
- Help staff in multiple Tribal departments use and learn grant related software
- Maintain up to date and well organized files
- Perform related work in support of the ANA SEDS Workgroup
- Occasional local travel to off-campus sites and/or training

I have over 30 years experience in the technology and administrative support fields. All my experience has been done through on the job training, I have taken a few courses, other than that I was totally self taught.

I have nine beautiful grand-children and three absolutely fabulous children and, of course, my wonderful hubby. I enjoy making silk flowers for weddings and homes, etc. I also bowl and enjoy golfing.

I am very thankful for this opportunity to work for such a wonderful establishment such as the Squaxin Island Tribe. The people I have had a chance to meet are a real kick.



## Upcoming Elder Activities

### **September 5th**

Squaxin Island Elders Inc. meeting  
After lunch at Elders Bldg. around 1:00 p.m.

### **September 10th**

Puyallup Fair, Senior Tuesday

### **September 18th**

Puyallup Tribal Elders Inter-Tribal Luncheon

### **September 19th**

Thursday Night Buffet at LCCR for Squaxin Elders (plus 1)

### **October 2nd**

Squaxin Island Elders Inc. Wednesday Night Meeting after dinner at 6:45 p.m.

### **October 4th and 5th**

Oyster Fest in Shelton VOLUNTEERS!!!! Please

### **October 11th:**

Squaxin Island Elders Host Luncheon at LCCR Event Center

### **Cedar weaving and bead work**

At elder building Monday - Thursday 10:30 a.m. - 4 p.m. In preparation for Squaxin Island's inter-Tribal Elder host luncheon. Tribal Elders willing to participate and/or attend, please call 360-432-3868. Please leave information on a message if no one answers.

For casino event tickets, please call us and leave your name and phone number. We have a limited amount. They are first come, first serve, and cut off is two weeks prior to event. Lottery drawing will be started for last minute cancellation on available tickets.





## Bloomfield Family Traditions

Quad riding has become a family tradition for the Bloomfield family. Alfred "Misty" Bloomfield took the lead on the annual trek to Wallace, Idaho for the 2013 High Mountain ATV Association, 19th Annual ATV Jamboree held July 22nd through July 27th. It is the sixth year the family has attended the event held in Shoshone County, Idaho. Misty first traveled on a trip organized by his son, Don and his family, in the summer of 2007.



For the 2013 jamboree, he initiated participation by his daughter, Vicky Engel, grandson, Sorren Engel, and two of his great-grandsons, Sebastian and Shayden Engel. To break up the seven hour trip and arrive early enough to set up camp, Misty left solo on July 20th. He camped at the Moses Lake ORV Park which is about four hours from Shelton. The next day he trav-



eled the final 3 hours to Wallace, Idaho to confirm his camp site at the nearby Silverton "Dry Camp". The camp, a local sports field parking lot, is about one mile from Wallace. The dedicated jamboree participants arrived early to attend an IDPR ATV Safety Class held on Sunday afternoon. Daily hosted trail rides in the Bitterroot Mountains began the next day.

Misty participated in daily rides and events Monday-Thursday. He attended the Mon-



day night all-you-can-eat Spaghetti dinner and Wednesday evening's parade through Wallace and pizza social. Since he has attended for several years, he developed many friends on the social rides and waited patiently for the rest of the family team to arrive on Thursday.

The ATV web site states, "Rides are set up according to three levels of difficulty and are rated as either easy, moderate or advanced. The difficulty level is de-



termined primarily by the type of terrain encountered. Factors considered include: steepness, roughness, obstacles, snow and distance."

The Engel family's plan was to arrive on Thursday morning before the daily hosted ride left town. Misty chose an easy family ride which included an ATV Association sponsored picnic lunch along a local lake appropriate for swimming. Unfortunately, work responsibilities and travel time prevented arrival before the Thursday ride. The Engel's were disappointed to miss the ride since temperatures consistently reached triple digits. No worries, the four, including 10-year-old Sebastian

and 6-year-old Shayden, jumped on their quads and explored town. The final destination was the local pool which offered open swim at the bargain of .50 cents for youth and \$1.00 for adults.

On Friday, Misty led the way on his quad to the Old Wallace High School Au-



ditorium; Sebastian followed second with Sorren, Shayden with Vicky bringing up the rear. The boys were nestled between the adults as safety for the children was a top priority.

The family signed up for a family ride, which happened to be a poker run. The 20 mile hosted ride left town promptly at 9:00 a.m. Shayden rode his small quad out of town until the terrain began to get steep. He then rode with his dad the rest of the trip through the high mountain terrain. His quad was collected and delivered back to the auditorium by a member of the club as the return trip was a different route. Misty pulled three jacks stirring anticipation for a win of the \$255 pot. The evening concluded with a potluck BBQ, which was held at the nearby town of Osburn, with hamburgers, hot dogs, and drinks supplied by the ATV Association.



On Saturday, the ATV rodeo was held for individuals to participate in four events: Drag Racing, Barrel Racing, Obstacle Course, and Sled Pull. Some events had age restrictions although the young grandsons participated in the drag and barrel racing while the adults observed. The



jamboree was concluded with a BBQ steak dinner banquet, awards presentation, and raffle.

The family won two of the raffle prizes with the 12 tickets purchased. Misty won 2nd place in the Poker Run to win 30 per cent of the pot. Sebastian participated in the Drag Race and the Barrel Race in which he won trophies for 3rd place in both for the junior age on his 250cc Honda quad for the category of up to 350cc. Shayden participated with his 80cc Suzuki in the Drag Race and the Barrel Race winning 1st place and 2nd place trophies, respectively, for the junior age up to 90cc category.







## How to Stop Junk Mail

Tired of junk mail? Unsolicited mail is not only a nuisance to you but also a waste of resources. Junk mail makes up 60% of the mail Americans receive, half of which is ever read. That mail can be recycled but why not prevent it in the first place?

### How Companies Get Your Info

When you Purchase something, your info becomes the retailer's business. They may share your info with other retailers through huge databases known as co-ops or the retailer may sell your info to database brokers who sell it to other companies.

A lot of your information is also retrieved from public records. If you buy a home, get married, have a child, or file for bankruptcy, those events are recorded in public databases and open to marketers.

### What You Can Do

There are several options for stopping junk mail. You can prevent the majority of junk mail through these actions:

Prevent your name from being sold by writing, "Please do not rent or sell my name." Write this next to your name when you make a donation, enter a contest, join a buyer's club, order a product by mail, subscribe to a magazine, or return a warranty card.

Opt out of offers from the Direct Marketing Association (DMA). The DMA is responsible for many of the credit card, magazine, and catalog offers you receive. Visit [www.dmachoice.org](http://www.dmachoice.org) to remove your name for five years from their mailing list. Or write to them and send \$1.00 to:

DMA Mail Preference Service  
P.O. Box 643  
Camel, NY 10512

Sign up with [CatalogChoice.org](http://CatalogChoice.org). This nonprofit group helps you opt out of specific catalogs, coupons, credit offers, newsletters, and phone books. Visit their website, sign up, and select the companies that you do not want contacting you. You can also use their MailStop app.

It may take a few months to see a difference. You can prevent any residual junk mail through these methods:

Contact credit bureaus to ensure you stop receiving credit card offers. Call 1-888-5-OP-TOUT or visit [optoutprescreen.com](http://optoutprescreen.com). You can have your name removed for two years or permanently.

Use the PaperKarma app. Take a picture of the mail you don't want and PaperKarma will remove your name from the mailer's list.

Call or write directly to the company and ask that your name be removed from their mailing list. If requesting by mail, use the mailing label from the unwanted mail as the return address. This label often has a code number that helps the business identify you.

If you would like to learn more about this topic, attend the "How to Stop Junk Mail" training on September 13 at 10:30 am in the Tribal Center Large Conference Room.



Questions and comments can be directed to Sheena Kaas, Solid Waste and Recycling Program Manager at [skaas@squaxin.us](mailto:skaas@squaxin.us) or 432-3907.

Friday, September 13  
10:30 am  
Tribal Center Large Conference Room

## How to Stop Junk Mail

Training presented by  
Squaxin Island Solid Waste and  
Recycling Program  
432-3907







## Dr. Ott Shares Ideas & Suggestions for Heart Health

Submitted by Patty Suskin, Diabetes Coordinator

On Thursday, July 18th, 15 people of varied ages talked with Dr. Ott about keeping their hearts healthy.

Some risk factors, or what puts you at higher risk for heart disease, include: smoking, high blood pressure, high cholesterol, and diabetes.

### Dr Ott's suggestions included:

- **Smoking cessation** program through the clinic (call Cheryl at 360-432-3922 for more info)
- **Exercise:** Anything helps. Start slowly & gradually increase to 150 minutes a week (or 30 minutes 5 times a week) swimming and walking were encouraged
- **Diet/Eating Plan:** Studies have shown eating less animal sources of fat and more vegetables and fruits is beneficial for the heart. Choosing whole grains and more fiber has also been found to keep the heart healthy (eat more beans, choose 100% whole grains)

Dr. Ott also answered specific questions about vitamins and supplements.

### Supplements to consider for anyone over 50/worth talking to your provider:

1. Aspirin, 81 mg a day: heart attack & stroke preventive
2. Vitamin D, 2,000 units a day: nearly everyone over 50 is deficient
3. Melatonin, 3 mg at bedtime: production drops markedly after 50, about the time sleep cycle becomes more disrupted.
4. Fish Oil (Omega 3's), about 2000 mg a day: protective of the heart, diabetes



## Fun Family Fitness Ideas

### Get Healthy Together

Source: Spark People, Joe Downie, Certified Physical Fitness Instructor  
Submitted by Patty Suskin, Diabetes Coordinator

**Help your child to enjoy being active by being active as a family.**

**Here are some ideas to try:**

1. **Family competition:** Have each family member pick an exercise at the beginning of the week and do as many reps as they can. Then train throughout the week with the goal of improving by the weekend. The family member who has the highest percentage increase is rewarded with something small (but motivating). Keep the focus on the fact that everyone is improving.
2. **Designate one evening as family fitness night.** Each week, a different person designs the family workout that you will all do together. Whether it's swimming, rollerblading, walking, Frisbee golf, or a two-on-two basketball game—everyone gets to do something they enjoy, and your workout will never become dull.
3. **Buy small, inexpensive pieces of equipment to keep around the house.** Then, make some family fitness rules: Exercise during commercials every time you watch TV; stretch before bed each night. Purchase a few inexpensive items (jump rope, resistance bands, stability ball, dumbbells) and rotate them through the house on a daily basis. Treat them as scavenger hunt finds-- if you find the jump rope placed in the garage, you have to use it for one minute. Next time you may find it on the porch, or in the basement.
4. **Each week, measure your fitness levels to determine your family's overall fitness average.** Add each person's own calculation of their level of fitness for the week; zero meaning they did nothing, and 7 meaning they exercised daily. Divide the total by the number of family members. Set a goal to average at least a 5 or 6 each week, rewarding the entire family if it's met.
5. **Most of all—make it fun for everyone!** In the process, you'll teach your children about discipline, goal setting, and the importance of not only health, but also family connection.







## Early Detection is the Best Protection

Colorectal cancer is the cancer of the colon (bowel) or rectum (last 6 inches of the bowel).

Cancer has become very common in Native American Communities. Cancer is now the second leading cause of death for American Indian men and women across the country (heart disease is first). Native Americans are often diagnosed with colorectal cancer at later stages of the disease when it is harder to treat.

During the early stages of colorectal cancer we cannot feel any symptoms. Participation in routine early detection screening exams can help us find colorectal cancer or prevent it. All Native American men and women age 50-75 should have routine colorectal health exams. People with a family history of colorectal cancer should start these exams sooner and may need to have them more frequently.

Some things that put us at risk for colon or rectal cancer are: our age, using tobacco, being obese or sedentary, eating a diet that is heavy with red meat and highly processed meat, excessive use of alcohol and not getting colorectal screenings done.

Squaxin has a Colon Health Program to help you get these colon cancer screenings. Please call or visit Lindy Parker LPN in the Squaxin Clinic, our colon cancer program representative, to help understand how to protect yourself and our families and communities against colorectal cancer. By phone you can reach Lindy at 360-432-3933. Incentive gifts are given to those who qualify for the program and complete a screening.

Colon cancer can be prevented.

Screening saves lives!



## MyPlate Crossword Puzzle

Use the words from MyPlate to help you complete this puzzle.

### Across

1. Use the My \_\_\_\_\_ as a guide.
2. Apples, oranges, and bananas fit into this food group.
5. This sweet, smooth food comes in many different flavors and is a great way to get calcium for your bones.
7. \_\_\_\_\_ are an orange vegetable.
8. Try fat-free or low \_\_\_\_\_ foods when you can.
9. Use whole-grain \_\_\_\_\_ for your sandwiches.
11. Cheddar, swiss, mozzarella, monterey jack are examples.
14. Fits into the grains group of MyPlate. Goes great with stir-fry.
15. MyPlate is a \_\_\_\_\_ to help you eat a variety of foods for a healthy body.
17. Spaghetti is a type of \_\_\_\_\_.

### Down

1. Chicken and turkey are examples of \_\_\_\_\_.
2. Eat a variety of \_\_\_\_\_ from all of the groups.
3. Broccoli and green beans are examples of a \_\_\_\_\_.
4. These are a great source of protein and can be mixed with cereal and dried fruit for an "on-the-go" snack.
6. Pinto, kidney, black, refried – there are lots of different kinds and they can be eaten lots of different ways.
10. Vegetable or olive \_\_\_\_\_ are often used for cooking and are part of a healthful diet.
11. This makes a quick and easy "ready-to-eat" breakfast with fruit and milk.
12. You can hard-boil, scramble, fry, or poach these, or eat them as an omelet. How do you like your \_\_\_\_\_?
13. Salmon and trout are examples of \_\_\_\_\_.
16. Lean \_\_\_\_\_ is an excellent source of protein, iron, and zinc.



Adapted from  
Team Up At Home Team Nutrition Activity Book

Answers on page 20



## Tobacco Cessation Support Group

Do you smoke? Have you thought that you'd like to quit but are not sure you can do it? Have you thought about quitting but are not sure if the time is right to do it?

If the answers to these questions are "yes", you are invited to visit the tobacco cessation support group.

There is no pressure at this group. No one will make you quit or feel uncomfortable for smoking. No one will insist you quit smoking right away. What you will find are smokers, people who are considering quitting and ex-smokers. We will support you at any stage of your addiction to nicotine.

Our meetings are fact filled, fun and supportive. Come visit us and see if we can help you to quit smoking. The meetings are held every Tuesday at 4:00pm in the Community Kitchen. If you have any questions, call Cheryl at 360-432-3922.

Foot Exam Morning  
with Dr. Kochhar (Foot Doctor)

Thursday,  
September 26, 2013

9 am—noon



Priority for people with Diabetes  
Others will be seen if space is available.



Contact Patty Suskin,  
Diabetes Coordinator for an appt.  
360 432-3929





## September is National Childhood Obesity Awareness Month

Submitted by Patty Suskin, Diabetes Coordinator & Registered Dietitian Nutritionist

One in 3 children in the U.S. are overweight or obese. Childhood obesity puts kids at risk for health problems that were once seen only in adults, like type 2 diabetes, high blood pressure, and heart disease.

The good news? Childhood obesity can be prevented. Communities, health professionals, and families can work together to create opportunities for kids to eat healthier and move more.

*Here are a few tips for you & your family to get started to prevent obesity:*

**Start with small changes.** Consider keeping fresh fruit within reach of your child or making a habit of going on a family walk after dinner.

**Have a healthy breakfast.**

**Cut back on sugary drinks & eat together as a family.**

**There are more details on this website:** <http://www.letsmove.gov/plan-healthy-meal>

Although adults usually decide what kids eat, we all know that kids eat what is available. Therefore, **surrounding them with healthier options** leaves them no choice but to eat better food.

**Here is a website with some good information including activity sheets & games:** <http://www.choosemyplate.gov/kids/>

**Reduce Screen time and Get Active.** Check out this website for specific tips on how to make this change: <http://www.letsmove.gov/reduce-screen-time-and-get-active>

**One of the best things you can do to keep your child healthy is to be a good role model.** Our children are always watching and learning. By taking better care of yourself, you will encourage your child to lead a healthier life.

## MyPlate Crossword Puzzle

Use the words from MyPlate to help you complete this puzzle.

### Across

1. Use the My \_\_\_\_\_ as a guide.
2. Apples, oranges, and bananas fit into this food group.
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13. Salmon and trout are examples of \_\_\_\_\_.
16. Lean \_\_\_\_\_ is an excellent source of protein, iron, and zinc.



Adapted from  
Team Up At Home Team Nutrition Activity Book



## Elders Menu

Mon. 2 Closed for Labor Day  
Tues. 3 Soup & Sandwich  
Wed. 4 Pot Roast  
Thurs. 5 Spaghetti

Mon. 9 BBQ Chicken Kabobs  
Tues. 10 Soup & Sandwich  
Wed. 11 Meatloaf  
Thurs. 12 Sweat Beans w/ Meat

Mon. 16 Fish & Chips  
Tues. 17 Soup & Sandwich  
Wed. 18 Ginger Chicken  
Thurs. 19 Pork Roast

Mon. 23 Pepper Steak  
Tues. 24 Soup & Sandwich  
Wed. 25 BBQ Ribs  
Thurs. 26 Beef Stroganoff

Mon. 30 French Dips

Elders meals are served Monday through Thursday in the Elders building for enrolled tribal members age 55 and their spouses. Employees and other guests are welcome to purchase lunch for \$5.00 after all Elders are served. If you are not an Elder or Elder spouse and an Elder comes in line behind you, please let them in front of you.





## Squaxin Island Tribe Fitness Trail on the REZ

Submitted by Patty Suskin, Diabetes Coordinator

Do you know the about the path from Sa-He-Wa-Mish Court to the 2102 Canoe Journey Camp-ground?

This is a lovely wooded path with benches, picnic tables, and a short bridge over a babbling brook. It is just under a ½ mile long. If you continue to the campground field, turn right to reach the cemetery.

Three fitness stations are being constructed to add some extra fun & good health to the trail: a pullup bar, situp bench & parallel bars. Hopefully, they will be completed & ready to use soon.

Thank you to *Stepping Stones* & John Ackerman construction for adding the fitness stations!

### How to get there:

From the Tribal Center, walk on Klah-Che-Min Drive, passing law enforcement on your right. Turn right Sa-He-Wa-Mish Court. The path begins on Sa-Heh-Wamish Court on the left at the speed bump.

### Other fitness news:

***Weekly conditioning classes available starting soon at Education.*** Contact Laurel Wolff at 360 432-3842.

## Building Strong Families Through Culture

When: December 13, 2012-September 2013



Focus is on the formation and maintenance of two-parent families and prevention of out-of-wedlock pregnancies.

Sponsored by  
SPIPA-TANF.

Where: Museum

When: Tuesday

Time: 3:00 –5:00 PM

**FY 2012-2013**

## Clinic Events

### Brief Community Walk

Every Thursday at 12:40 p.m.  
Meet at Elder's Building after Lunch

### Free Diabetes Screening

at Health Promotions  
Tuesday through Friday  
Contact Melissa Grant for details

### Smart Shopping/ Food Label Workshops

Contact Patty to schedule  
a family & friends session

### Health Promotions Programs

We have exercise videos  
in the building across from clinic  
Work out alone, with us  
or schedule a time for a group

### Our Nationally Recognized Lifestyle Balance Program

If you are ready to lose weight,  
we can provide support.  
If you are Native American and over 18,  
see if you qualify to participate.

### Next Mammogram Clinic

September date to be determined  
Call Melissa Grant at 432-3926

Contact Melissa Grant (360)432-3926  
Patty Suskin (360)432-3929







Happy Birthday

Kui Tahkeal Jr.	01	Lewis Napoleon	09	Willow Henry	18
Alexander Solano	01	Alexsii Vigil	09	Raiatea Villanueva	19
Vanessa Tom	01	River Ray Guardipee	09	Frances Starr	19
Patrick Whitener	01	Joseph Stewart-Kinchler	09	Francis Bloomfield	19
Jeramiah Longshore	01	Jasmine Nelson	10	Calvin Farr	19
Jason West	02	Roger Peters	10	Sophia Pinon	19
Malachi Hartwell-Kinison	03	Debra Mattson	10	Terry Brownfield	20
Rose Krise	03	Madeena Rivera	11	Kayla Johnson	20
Kezia Wentworth	03	Austin Brearley-Lorentz	12	Jada Krise	21
Austin Peters	03	Robert Farron	13	Melody Moliga	21
Kathrine Neilsen	04	Anthony Ramirez III	13	Esther Fox	21
Latoya Johns	05	Kaitlyn Brandt	13	Kassidy Burrow	21
Mckenzie Brearley-Lorentz	05	Kristen Davis	15	Desmond Smith	21
Elijah Krise	06	Gracelyn Wier	15	Gregory Koenig	21
James Youngs	06	Florence Sigo	15	Kim Cowing	22
Joshua Coble	07	Jonathan Harrell	15	Michael Peters	22
Wayne Lewis	07	Jamie Lewis	16	Kiona Krise	22
Talon Peterson	07	Markie Smith	17	Gloria Hill	22
Danielle Leas	07	Cassie Colbert	17	Chris Clementson	23
Justine Mowitch	08	Kenedee Peters	17	Leslie Cooper Jr.	23
William Weythman	08	Carmen Algea	17	Angel Sen	23
William Hagmann	08	Tiana Henry	18	Amanda Peters-Pierce	23
Charles Scheibel	08	Tia Jordan	18	Peter Kruger, Jr.	23
Barry Hagmann	08	Stephen West	18	Mykah Masoner	23
Levi Connally	09			Donald Whitener	24

What's Happening						
1	2	3	4	5	6	7
			Family Court			
8	9	10	11	12	13	14
	Back to School Bash	Criminal/Civil Court		Council Mtg.	How to Stop Junk Mail	
15	16	17	18	19	20	21
						Water Sounds Art Auction
22	23	24	25	26	27	28
		Criminal/Civil Court		Council Mtg.		
29	30	Culture Night: Every Thursday at 5:00 p.m. at the MLRC AA Meeting: Every Thursday at 7:30 p.m. Basket Class: Every Wednesday at the MLRC				

Willow Henry	18
Raiatea Villanueva	19
Frances Starr	19
Francis Bloomfield	19
Calvin Farr	19
Sophia Pinon	19
Terry Brownfield	20
Kayla Johnson	20
Jada Krise	21
Melody Moliga	21
Esther Fox	21
Kassidy Burrow	21
Desmond Smith	21
Gregory Koenig	21
Kim Cowing	22
Michael Peters	22
Kiona Krise	22
Gloria Hill	22
Chris Clementson	23
Leslie Cooper Jr.	23
Angel Sen	23
Amanda Peters-Pierce	23
Peter Kruger, Jr.	23
Mykah Masoner	23
Donald Whitener	24
Linda Lake	24
Joan Koenig	25
Harry Fletcher	26
Ronald Fletcher	26
Susan McKenzie	26
Dawne Elam	27
David Lopeman	27
Donald Smith	29
Isaiah Schlottmann	30
Kim Kenyon	30



Happy Birthday!  
Jamie (Nelson) Hartwell  
Mathew Nelson  
Ayshia Nelson  
Jeffrey Coleman  
Wonderful!  
Wonderful!  
I Love You!  
Mom/Gramma Paula





## Happy 55th Birthday, Sis!



**You are not an  
"Elder in Training"  
Any More!**

**Love,  
the Seymour, Martin  
&  
Napoleon Clans**

## Happy Birthday Robert



**Love,  
Margaret  
and all the family**



## A Very Special Thank You

Thank you for the wonderful retirement party! It was wonderful! Awesome! Thank you for the food, gifts, hugs, well wishes, smiles, laughter, storytelling and joy!

- Love Paula Henry

(second from right in the front, Family Services Dept. photo the day of her retirement)

## Out of the Shadows

Out of the shadows  
Darker than night  
Creating the strength  
To get through this plight

So many challenges  
The years fly by  
Spirit grows stronger  
Even as we cry

Throughout life's trials  
Some things can't change  
Regardless of efforts  
To re-arrange

Out of the Shadows  
Darker than night  
Finding the power  
To escape the fright

Out of the Shadows  
Stars sparkle the night  
Walk away from the darkness  
To reach the light

Some you love dearly  
Wallow & despair  
Their misery so gloomy  
They're unable to care

Some you love dearly  
Are self-centered with greed  
A pure sincere heart  
Never fills their needs

Out of the Shadows  
Darker than night  
The vivid stars shine  
Allowing much light

Out of the Shadows  
Stars sparkle the night  
Walk away gently  
To make it alright

One great life challenge  
Is when to let go  
Let your heart bleed  
To let your life flow

Years fly by quickly  
Our time running out  
Make each choice carefully  
Choose the best route

Out of the Shadows  
Darker than night  
New life resolutions  
Fresh goals in sight

Out of the Shadows  
Stars sparkle the night  
Time left on this Earth  
Precious time spent right

By  
Joanne F. Decicio

Everyone, this is Bizzle a really good Christian rapper, and HOGMOB is a great thing to do in your life. Everything will be a great blessing for you. Go to either hogmob.com or YouTube and type in Sevin and listen to all the albums. Its really good to listen to the truth and not the fake music...

- Leonard Gene Cooper







# Good Luck Squaxin Fishers!



## BINGO

AT THE CREEK

In celebration of our 18th Birthday...  
Bring a Little Creek Logo'd Item &  
Receive a free Level 1 with buy-in\*

Friday September 6th • 6:30pm  
Saturday September 7th • 2:30pm & 6:30pm

\$50 Birthday Hotseat drawings every hour  
2:30 Session Blackout Prize • \$599  
6:30 Session Blackout Prize • \$1,199  
Early Bird Specials • 6:30 Sessions  
\$ 79 Special Room Rate for Bingo Participants  
\* Free 3-on with level one with buy-in



**LITTLE CREEK**  
CASINO • RESORT  
[www.little-creek.com](http://www.little-creek.com)

See the Keno for more details. 1800-667-7711  
Must show buy-in at time of check-in to receive special room rate.  
Customers can call in advance to book rooms.  
\*must be 21 or older for bingo specials







UPCOMING **Entertainment** AT THE CREEK!

Sit front row this season!

August 24 <sup>th</sup> 8pm	<b>Oakridge Boys</b>
September 12 <sup>th</sup> 8pm	<b>Eli Young Band</b>
September 21 <sup>st</sup> 7pm	<b>Fight Club</b> Live Professional Boxing
September 25 <sup>th</sup> & 26 <sup>th</sup>	<b>America's Greatest</b> Gameshows hosted by Bob Eubanks
October 19 <sup>th</sup> 3-11pm	<b>Oktoberfest</b>
October 27 <sup>th</sup> 4pm	<b>Wayne Newton</b>
October 31 <sup>st</sup> Time TBD	<b>Halloween Party</b> Costume Contest • Mini Kiss Mini Lady Gaga • Mini Elvis



**LITTLE CREEK**  
CASINO • RESORT

For tickets visit the box office or purchase online at  
[www.little-creek.com](http://www.little-creek.com) or call 800-667-7711

Must be 21 or older. Call for Skyboxes.





*Return Service Requested*

## PEOPLE OF THE WATER

10 S.E. Squaxin Lane  
Shelton, WA 98584



PRSR STD  
U.S. POSTAGE  
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